



# February 2015 Healthy Family Newsletter Smoky Valley Chiropractic



If it's important to athletes...who depend on their bodies to make their living...and need to have their bodies functioning at 100% day in and day out...shouldn't it be important to you too??

A Valentine's Sentiment  
(and good for every day too!) ☺

When you have a disagreement with a loved one, I challenge you to say "I love you more than this argument"

~Katherine Miracle



Vegas was FUN! And we learned a lot. **The good news is – we don't have to dress like a showgirl to make you feel like a million bucks!** Chiropractic does it all. Remove the interference = health & vitality!

Had the **CRUD**??



*"I have decided to stick with love. Hate is too great a burden to bear."  
– Martin Luther King, Jr.*

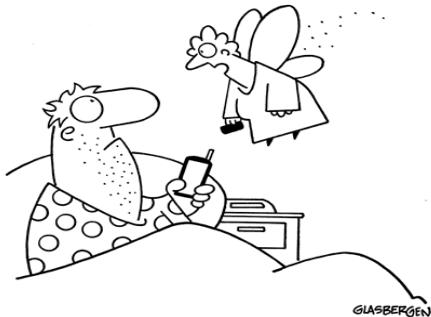
If you cannot  
be positive,  
then at least  
be quiet.

- Joel Osteen-

## February is LOVE month!

We are having lots of fun learning about what you LOVE about chiropractic! Be sure to “like” us on Facebook and enter for more chances to win the chiropractic gift card we are giving away this month. 😊

© Randy Glasbergen  
www.glasbergen.com



"I'm the Apnea Fairy. I have orders to give you a wake up call at 10:30, 10:47, 10:53, 11:02, 11:17, 11:26..."

### Trouble in Dream Land?

**Not getting enough sleep can affect metabolism and hormone production in a way that is similar to the effects of aging and the early stages of diabetes. Chronic sleep loss may lead to depression, anxiety, and the onset or increase in the conditions related to Type II diabetes, high blood pressure, and memory loss.**

Are you exhausted? The answer is an easy one. Get adjusted! Chiropractic helps people sleep better, feel more relaxed, and deal with the everyday stressors that cause insomnia.

What do you **LOVE** to do when you feel rested??

Log on to our [facebook](#) page, and answer online for an extra chance to win this month's **\$50 chiropractic gift card!!!**

## “Chiro-Jenga”



If Life was a game of Jenga, stress would be the act of sliding out one puzzle piece after another, until your entire 'tower of health' topples over.

Unexpected car repair bill - slide out a block. Emergency call from your kid's school nurse - slide out another one. Slip end over end on a sheet of black ice - slide out three more. Before you know it, you're one stress event away from major Jenga catastrophe... that is, unless your Chiropractor reverses the momentum and adjusts those loose blocks back in, restoring stability and integrity to your health.

Stress can cause you to Subluxate (misalign), and its effects are detrimental to your overall health. So don't wait until until your last Jenga stress block is pulled before seeking help. It's far easier to keep your body standing strong with preventative Chiropractic care, than to rebuild it after the collapse.

***We had a BLAST with Michell's Jenga game in the office last week! Really great analogy about your health!***

***“Love is the only force capable of transforming an enemy into a friend.” – Martin Luther King, Jr.***





Beach Week was **SO MUCH FUN!**

Chiropractic makes your nervous system **SHINE!** We hope everyone enjoyed the drinks, snacks and sugar scrub. We had a great time pretending we were at an exotic location ☺



### Winter Got You Down?

Many people experience the “blues” during the winter. This may be spurred because of a lack of vitamin D in your body. Simply put, you aren’t getting enough sunshine.

Simple alternatives to dealing with SAD (seasonal affective disorder) are as easy as... Take a stroll during your lunch break to soak up some sun... Keep blinds and curtains open... Practice good stress management techniques... Take an **Innate Choice Vitamin D** supplement... **AND... Drumroll, please... GET ADJUSTED!** Chiropractic adjustments are shown to help relieve depression.

What do you **LOVE** to do to boost your spirits??

Log on to our [facebook](#) page, and answer online for an extra chance to win this month’s **\$50 chiropractic gift card!!**

### “A Clear Valentine’s”



There’s much to love about Chiropractic - the science of nerve system function, the art of adjusting spines back into proper alignment. But the best part is the Principle behind it all.

Physicians address body parts, psychologists analyze thoughts and clergy tend to matters of the spirit. But no one profession addresses all three – your physical health, mental health and spiritual health like Chiropractic. When Chiropractors clear your nerve system with an adjustment, not only does your physical body improve, but so does your mental focus and ability to express your true self.

Love is the right adjustment at the right time. While the resolution of pain and restoration of physiologic function are nice side effects of Chiropractic - the thing we love the most is when you become whole again. Have a Happy and Healthy Valentine's Day!

## **Why should I choose Omega Sufficiency® as my fish oil supplement?**

Omega Sufficiency® is the world's premier EPA/DHA omega 3 fish oil. Each teaspoon or 4 capsules provides 740-825 mg of EPA and 460-550 mg of DHA omega 3 essential fatty acids which have been scientifically shown to be a crucial requirement for health and important in the prevention of illnesses such as heart disease, arthritis, ADD, depression, stroke, cancer, diabetes, high blood pressure, obesity, osteoporosis, and Alzheimer's.

Omega Sufficiency® is extracted in a licensed pharmaceutical grade facility from cold water anchovies and sardines that are the purest, least toxic source of omega 3 fish oil. Our oil is purified in a non-chemical molecular distillation process that removes even trace amounts of heavy metals, PCBs, organochlorides, and organophosphate pesticides resulting in the safest, purest source of EPA/DHA fish oil possible. As the oil is purified it is immediately infused with our natural, proprietary antioxidant blend consisting of rosemary extract, ascorbyl palmitate and natural mixed tocopherols and then immediately bottled in a dark glass bottle with a patented spill-proof, threadless cap. This process ensures the greatest oxidation protection possible. There simply is not a better, purer source of EPA/DHA omega 3 fatty acids in the world as our third party testing results indicate.

Our extraction process keeps the fish oil in its most natural form possible, this is crucial because human beings are genetically designed to ingest, digest, and absorb EPA and DHA essential fatty acids in the form they are found in nature, not in any concentrated form produced by chemical processing. If science and experience has taught us anything it is that we cannot improve upon nature.

Omega Sufficiency® is flavoured with 100% natural lemon extract - it actually tastes good! Because of the high quality and purity of our oil there is no fishy taste, no fishy smell, and no fishy aftertaste. Even kids like it! For those who do not like the consistency of the oil we recommend adding the oil to juice, a smoothie, or to salad dressings or other food.

We put the same quality oil in our gel caps as we sell in our liquid form!! Unlike other companies we do not put a lower quality or unflavoured oil into our gel caps. We simply take our premier oil and put it into gel caps because our mission is to provide the best product, not to make the most profit.



### **Just Sayin'...**

Your nervous system is the master system and it controls every cell, tissue, organ and system in your body. INCLUDING the immune system... Did you know that one chiropractic adjustment can boost immune function up to 400% - WOW! If you're ready to feel better faster, prevent the "crud" from invading your household, or simply stay healthy – GET ADJUSTED!!

